

Discover at which level your child is

We would like to emphasize the importance of correctly identifying the child's level at the time of registration, as this directly affects the number of available spots. The levels will be assessed by our teachers during the first classes. If it is identified that the child is in an inappropriate level, it may be necessary to switch to the correct level. However, we cannot guarantee the availability of desired time slots for potential level changes. Thank you for your understanding.

LEVEL 1



4 MONTHS TO 2 YEARS OLD

Baby Fish 1

- We focus on water comfort.
- Training parents in water safety.
- Drowning Prevention.

PREREQUISITES

- No previous swimming or water experience is required.
- Parent participation is required.

MINIMUM RECOMMENDATION:
2 DAYS PER WEEK



2 TO 3 YEARS OLD

Super Baby Fish 2

- We work with confidence and submersions.

PREREQUISITES

- No previous swimming or water experience is required.
- Being comfortable in the water without parents.



2 TO 3 YEARS OLD

Super Baby Fish 3

- We work on body position, breath control, and forward movement in the water.
- We focus on returning to the surface after jumping into the water, which is the first step in learning to breathe and helps the student gain confidence in floating in the water.
- Mastering this skill facilitates the learning of other skills.

PREREQUISITES

- Must have completed the previous level or be able to comfortably submerge for 5 seconds.
- Being comfortable in the water without parents.

LEVEL 2



JUNIOR
4 STUDENTS (3 TO 6 YEARS OLD)

SENIOR
4 STUDENTS (+6 YEARS)

Super Turtle

- We work on building confidence and submersions.

PREREQUISITES

- No previous swimming experience is required.

MINIMUM RECOMMENDATION:
2 DAYS PER WEEK

LEVEL 3



JUNIOR
4 STUDENTS (3 TO 6 YEARS OLD)

SENIOR
4 STUDENTS (+6 YEARS)

Super Starfish

- We work on body position and breath recovery.
- We develop rescue skills that teach the student who falls into the water to return to the surface, roll over, and breathe for at least five seconds.

PREREQUISITES

- Previous swimming experience is required.
- Be able to do relaxed submersions for 5 seconds.

MINIMUM RECOMMENDATION:
2 DAYS PER WEEK

LEVEL 4



JUNIOR
4 STUDENTS (3 TO 6 YEARS OLD)

SENIOR
4 STUDENTS (+6 YEARS)

Super Octopus

- We work on forward movement and change of direction.
- Developing potential self-rescue skills.
- Gradually, students start swimming 3 meters and then return to the wall. Back float is used when the student needs to breathe.

PREREQUISITES

- Previous swimming experience is required.
- Ability to do relaxed submersions.
- Independent back float.

MINIMUM RECOMMENDATION:
2 DAYS PER WEEK

LEVEL 5



JUNIOR
4 STUDENTS (3 TO 6 YEARS OLD)

SENIOR
4 STUDENTS (+6 YEARS)

Super Dolphin

- The student will learn to use side glide as a recovery position.
- Basic techniques of Freestyle and Backstroke.

PREREQUISITES

- Previous swimming experience is required.
- The student must be able to swim independently for 3 meters using the swim + roll + breathe technique.

MINIMUM RECOMMENDATION:
2 DAYS PER WEEK

LEVEL 6



BY ABILITY

Super Stingray

- Techniques of Freestyle and Backstroke.

PREREQUISITES

- Previous swimming experience is required.
- Ability to perform lateral breathing.
- Basic knowledge of Freestyle and Backstroke.

MINIMUM RECOMMENDATION:
2 DAYS PER WEEK

LEVEL 7



BY ABILITY

Super Shark

- Techniques of Butterfly and Breaststroke.
- Endurance in Freestyle and Backstroke.

PREREQUISITES

- Previous swimming experience is required.
- Ability to swim Freestyle and Backstroke.

MINIMUM RECOMMENDATION:
2 DAYS PER WEEK